

# Genetic Set Point

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Genetic Set Point is a matter of personality traits that oriented by genetics, which remain fairly constant over the course of life. Study has identified strong relationship between happiness and personality, which claiming that personality caters the level of happiness exhibits by each individual.

In a review of happiness researches found by Nettle (2005), among the big five personality traits, the two personality traits which have the strongest influence on happiness are extraversion and neuroticism. Extraversion refers to traits that exhibiting outspoken, forward, assertive, extraverted and talkative. An extrovert is always the one who is talking and laughing at the center of a group. Neuroticism refers to traits that exhibiting moody, anxious, insecure, and sensitivity to negative stimuli. A neurotic person is often stuck in negative thinking, who like to worry about all of the things would end in bad situation.

Costa & McCrae (1980) in their studies to examine and conclude the relationships between personality and happiness that extraversion is set of traits influences positive affect or satisfaction, whereas neuroticism is another set of traits influences negative affect or dissatisfaction. For Genetic Set Point, DeNeve & Cooper (1998) have found that neuroticism is the main predictor of unhappiness, while extraversion is the best predictor of happiness, followed by the personality trait of agreeableness.

In conclusion, people higher on the extraversion factor are more likely to be happy, but people higher on the neuroticism factor are less likely to be happy.